

Super B-Complex – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

A daily serving of *Super B-Complex* consists of 2 tablets, providing you with the full serving amount as indicated on the nutritional panel. Some people are highly sensitive to new supplements and changes in their diet, so if this sounds like you, try starting with 1 tablet per day and increasing the dosage after a couple of weeks. If you're not as sensitive to change, it is perfectly safe to start with 2 tablets straight away. Children aged 11+ can take 1 tablet per day, receiving half the serving amount.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

How to maximise absorption

Split dosing is recommended to ensure maximum absorption, and to maintain levels of B vitamins throughout the day. We also recommend taking the tablets with food as this will stimulate the body's natural production of digestive enzymes, assisting in the breakdown and absorption of the vitamins.

Using *Super B-Complex* effectively

When split dosing, we recommend taking one with breakfast, and one with your evening meal to keep your levels topped up through the day and night, supporting both energy production and sleep. Personal differences always occur though, so if you feel like you have too much energy in the evening and it is disrupting your sleep, try taking your supplement with breakfast and lunch instead.

Feeling the benefits

Some people feel the benefits of *Super B-Complex* almost immediately, with increased energy; this tends to be those who are deficient in some of the B vitamins. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *Super B-Complex* (e.g. symptoms) and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

Going above and beyond the NRV

We often get asked why we use such high doses of B vitamins in *Super B-Complex*. Firstly, the nutrient reference value (NRV) is the minimum amount needed to meet our requirements, but is the minimum enough? As B vitamins are water soluble, the body is very efficient at eliminating them from the body; this is one reason why many of these vitamins don't have a maximum upper limit - the body simply eliminates them. With this in mind, we decided to meet our serving amount between the two, ensuring customers receive an optimal amount without exceeding the safe upper limit where applicable

Taking other supplements alongside *Super B-Complex*

Many people take other supplements alongside *Super B-Complex*, a multivitamin for example, which often also contains one or more of the B vitamins. If taking Pure & Essential Multivitamin and Minerals, we recommend taking one Pure & Essentials Multivitamin and Mineral tablet, and one *Super B-Complex* so as not to exceed the UL (upper limit) for some of the B vitamins. You can apply this principle to any of your supplements; simply take 1 *Super B-Complex* per day to receive half the amount. If you're still unsure, feel free to contact us.

Bright yellow urine?

If you have bright yellow urine as a side-effect of taking *Super B-Complex*, don't worry. This is a perfectly normal reaction and occurs thanks to vitamin B2 which is naturally yellow and can become fluorescent in response to light. Fun fact: this is the reason for the slight yellowing of milk, which turns more yellow if left out of the fridge.

Allergens and dietary needs

If you have any allergies, you'll be happy to know that *Super B-Complex* is free from yeast, gluten, wheat, dairy, lactose and soya and is suitable for vegetarians and vegans.

Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexerts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team